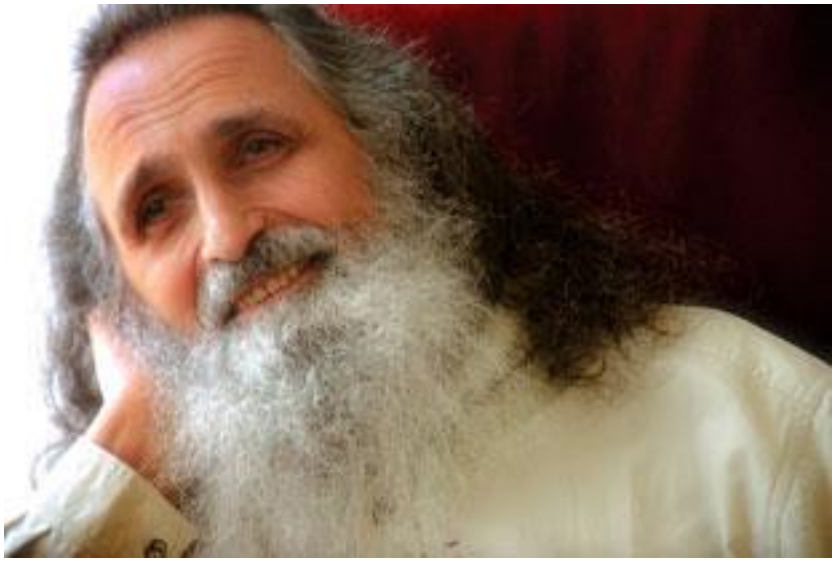
IN A PLACE WHERE YOU FIND PRESSURE… THERE IS ALSO THE SITRA ACHRA



And that is the principle (from the Talmud): 'In a place where you find pressure, stress and worries, there is also the presence of the sitra achra.

This should be the lifeline for everyone who takes his life seriously.

Now look how easy it is to recognize the sitra achra. Is there within you or the company where you work pressure and stress? Know that the sitra achra is also present there.

The s'a wants to make us hurry and worry about all kinds of things. While Yeshua had said: 'Why are you worried about something? Even the hairs of a person have already been counted'.

There exists an eternal rhythm and you have to live according to that rhythm. Even at your work, with everything… also when you pursue material things there should be no pressure. Pay attention to what I'm trying to say: for example if you learn Kabbalah and you feel pressure from within then this means you are learning on behalf of the s'a (as a result of pressure from the s'a).

I try to bring this to your attention regularly: at first you need to come to serenity. Prepare yourself. So don't come home and immediately start learning. No. Learning Kabbalah in a constructive way means having no pressure from within. Only then it will be constructive, only then it will be heavenly manna, food for your soul.

Let's take for example someone who translates for us but he feels pressure from within: 'I have to do this, I have to do that'. This means he is doing holy work but inspired by the s'a. What does this mean? On the one hand he does good work, he translates, but on the other hand…

The most important thing is your own spiritual work. Clear? Not the distribution of Kabbalah. The translation of lessons are also important… I'm just saying, we don't have many people who translate and I'm not pointing a finger to someone in particular.

Just always make sure you know who is stimulating the good work you want to do. Because it can also be the s'a who encourages this. What does this mean? The work, the translations can be good but the fruits of your personal spiritual work will go to the s'a. This is the whole point. He is telling us: in a place where you find pressure and worries, for sure the s'a is also present there.